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Welcome

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Can you find me?



We continue to print and distribute through these difficult times, we hope you enjoy this issue.

For 15 years we have taken pride in offering free space to all our local community groups to publish their events and activities. Our Community Pages are currently on hold while we await for activities and events to open up, please email any community notices to: community@jampublications.co.uk and we will happily add these for free to our next issue.

We are searching for more local regular editorial contributors, whether it be art, beauty, motor, sport, wildlife, food & drink, the category options are endless. If you are keen to contribute we would love to hear from you, please email: maria@jampublications.co.uk

Times are tough, particularly for smaller businesses, so as things start to reopen please **keep trade local** by using local shops, trades and services where possible. We are here to champion local business so please use us.

Maria x

Congratulations to all those who found Miti hidden on page 12 in the Lancashire Bedroom Advert.

The winner picked out of the hat was Jayne Lakeland

She returns this issue - can you find her? She is hidden somewhere throughout these pages.

To enter & win £25 please send in your answer to the usual addresses: competitions@jampublications.co.uk

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Adding colour easily with container gardening...

What is there not to love about an abundance of colour, overflowing with flowers that will last all summer. Garden containers will help brighten up any area of your patio or garden and are easy to maintain.

Today I planted a container of beautiful plants that will grow all summer in a really vibrant theme of pinks, purples and blues.

Choosing the right container is the first step, deciding on the size, shape and colour of pot depending on your flower choice. I've chosen a black container to contrast and really show off the plants to their full potential, the container dimensions are HEIGHT 34cm and WIDTH 41cm. Ensure your pot has drainage holes in the bottom then add a layer of small stones or any broken pots you have in the base of the container to help with drainage, it's always good to choose a good quality compost that has all the nutrients and natural goodness that is required to help grow healthy plants.

There is a special formula when creating fabulous designer containers and the 3 magic words are **THRILLER, FILLER & SPILLER**

THRILLER is the focal point of your design and is planted in the centre of the container. This plant gives height and anyone who knows me knows I love Hydrangeas so I've chosen a beautiful purple hydrangea (*Hydrangea macrophylla*) with big showy purple blooms which stand tall and proud.

FILLERS are the secondary plants with vibrant colour and helps the container look full by bulking it out and my choice for this design are:

- Geranium (*Pelargonium zonale*)
- Bellflower (*Campanula*)
- Sweet William (*Dianthus barbatus*)

Which all add a vibrancy to the planter with deep pink almost red, shocking pink, blue and purple.



SPILLERS are the trailing plants which add another dimension and add a softness to the design, for this I've chosen:

- Creeping Jenny (*Lysimachia nummularia*)
- Hardy fuchsia trailing (*Fuchsia magellanica*)

With the contrast of a golden green of the *Lysimachia* and the graceful shape of the *Fuchsia* these plants are fabulous in containers.

I've added a little surprise by just adding a few Phlox seeds around the perimeter of the pot in little areas where there's a small gap, when these grow they will add interest and complement the overall design as well as adding a gorgeous heady perfume.

Try to leave about 1 inch between the top of the pot and the top of the compost to begin with, this just allows you some space when watering and allows the water to slowly drain through, this also settles the compost, but please always check your container after you first water to see if the compost needs topping up.

So there we have a fabulous vibrant planted container which would brighten any garden and create an instant impact.

By Jane McNeela

You can follow Jane on Facebook at:
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Although it does not get really dark in the summer months, there are still things to look out for in the night sky, July brings increasing meteor activity and the chance of seeing noctilucent clouds.

2nd (to 14th) July Alpha Capricornid meteor shower

5th July Full Moon (4.44). Jupiter 1.9 degrees North of the Moon. Tonight, will be a great time to look to look for Jupiter and Saturn in the same area as the Moon (23.15)

6th July Saturn 2.5 degrees North of the Moon (18.38)

11th July Mars 2 degrees North of the Moon (19.38)

13th July (to 24th Aug) Delta Aquariid meteor shower

16th July (to 23rd Aug) Perseids meteor shower

17th July Venus 3.1 degrees South of the Moon

20th July New Moon (17.33)

19th July Mercury 3.9 degrees South of the Moon

29th July Alpha Capricornid meteor shower maximum (23.24)

31st July Delta Aquariid meteor shower maximum (00.30)

Constellation of the Month

The constellation of Cygnus, the Swan, is a great one to look for in the summer skies. It forms a cross shape, which looks like a Swan in flight. It has a bright star Deneb, from the Arabic word meaning tail which together with two other stars, Altair in Aquila and Vega in Lyra, forms the Summer Triangle.

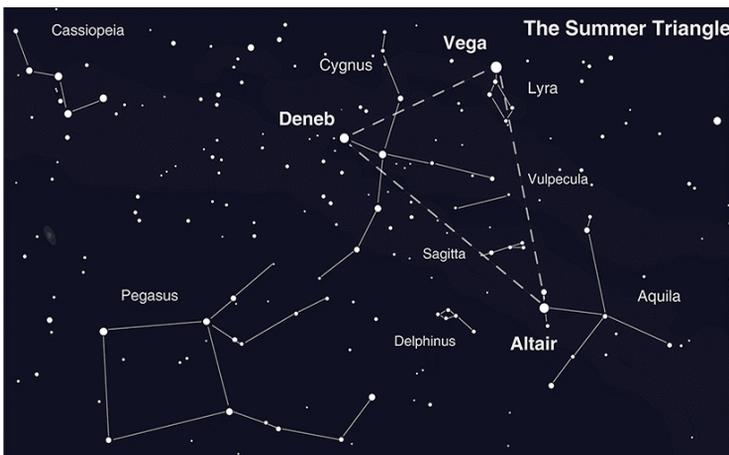
Astronomy Fact of the Month.

Is it a planet or a star?

Noctilucent clouds, or night shining clouds, are made of tiny ice crystals high in the atmosphere, at the edge of space. They are seen low in the North-West 60 to 90 minutes after sunset or the North-East 60 to 90 minutes before sunrise. The clouds are so high they remain illuminated by the Sun and seems to shine with a very distinctive electric blue tint.

Information provided by PADAS

(Preston and District Astronomical Society)



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Footprints at School



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AWARENESS DAYS ... NATIONAL PICNIC MONTH 2020

Start: July 1st
End: July 31st

If you enjoy getting out of the house and eating outdoors then July is the month for you, as the whole of this month is National Picnic Month!

There's something about the summer weather that brings out the relaxed hippy in us all, and what better way to wind down after a busy day/week at work than to slip on your sandals, pack up your picnic basket



and head to the outdoors with your nearest and dearest. So get yourself outside this National Picnic Month, and with a whole month of celebrating ahead of you the culinary possibilities are Gastronomical! (Pun very much intended).

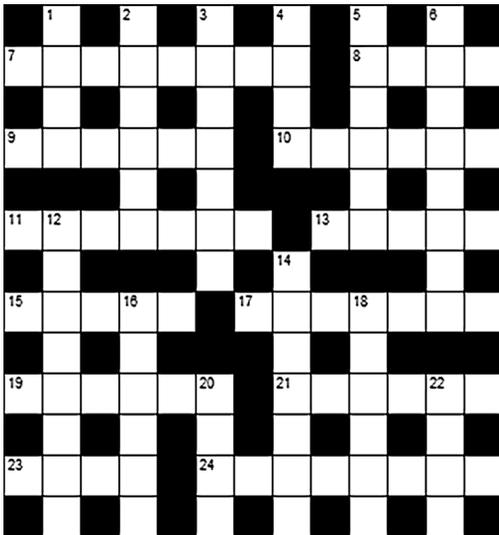
Crossword

Across

- 7 Transport of goods by sea (8)
- 8 Repetition of sound (4)
- 9 Eat hungrily or greedily (6)
- 10 Arranged, group (6)
- 11 Smoker's accessory (7)
- 13 Make a formal request (5)
- 15 Striped cat (5)
- 17 Keyboard musician (7)
- 19 Type of word that ends in 'ly' (6)
- 21 Tiny, small (6)
- 23 Clean, untainted (4)
- 24 Convenience meal (8)

Down

- 1 Footwear item (4)
- 2 Christmas vegetable! (6)
- 3 Interpret mouth movements (3-4)
- 4 Grows older (4)
- 5 Rip to shreds (4,2)
- 6 Persuades by persistent flattery (8)
- 12 Attract attention (5,3)
- 14 Feel hostility towards (7)
- 16 Ale or beer-producer (6)
- 18 Sort of ok (3,3)
- 20 Tub for taking a wash (4)
- 22 Fertile soil (4)



5	8			3				
		9		8				7
						3		
		4	2		8			3
						1		4
	9	8	6					
		5					7	2
			7				6	
1	7				6			

Sudoku

How To Play Sudoku

Fill in the grid so that each row, column and 3 x 3 box contains the number 1 through to 9 with no repetition.

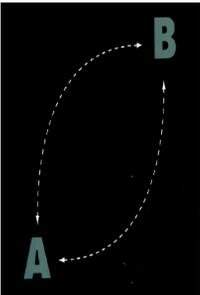


Fuzzy Photo!

We have made some 'minor' alterations to an image of a famous person, place or object.

Can you work out who, where or what the original images was?

Lateral Thinking



A car is driven from A to B at an average speed of 60mph and then is driven back from B to A along the same route at an average speed of 40 mph. What is the average speed of the car for the whole journey?

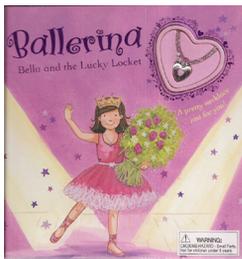
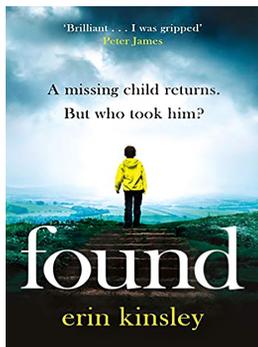
Mind Benders

Find the three hidden phrases
Can you find the three hidden romantic comedy film titles?

must get here
must get here
must get here

~~SHOW~~

plans
nalsp
lapns
spalns



a family to just pick up and carry on as if nothing happened? How on earth do you rebuild those lost moments with your child?

Ballerina Bella and the Lucky Locket **by Jillian Harker**

Bella loves to dance. Bella wants to be a ballerina. But there is a problem. No matter what she is doing she finds it almost impossible to concentrate as her imagination runs wild. A cat in the garden becomes an escaped tiger from the zoo. A ribbon on the floor during her ballet class becomes a mouse. And a spider swinging from its cobweb makes her think of swinging on a swing as she forgets the exercise they are supposed to be doing. Everyone is exasperated.

But can Bella focus during her dance show? Can she prove herself to be the dancer she wants to be and win best dancer?

This lovely picture book will enthrall young dancers with wonderful illustrations showing pirouettes, jetes, and arabesques. Any dance teacher will tell you that children get distracted and this is a lovely way of helping them understand the importance of staying focused.

By Willow Coby

Found by Erin Kingsley

It's a parent's worst nightmare: you are waiting for your child to come home from school and they don't. This is the situation that Claire and Matt found themselves in when their 11-year-old son, Evan did not come home from school after football practice. The police are called, and the search is on. Claire and Matt are torn apart by the events and as the months drift on they give up all hope of Evan coming home.

But, as the title suggests, Evan is indeed found. But the boy that returns to them is not the same boy that went missing. Refusing to talk to anyone he is withdrawn, only finding short moments of happiness and peace when visiting his grandparents on their farm. The police try to ascertain what happened but to no avail. Until another boy goes missing.

What drew me to this book is the fact that the focus is on what happened AFTERWARDS. We all watch news reports of children who are abducted and sometimes there is a happy ending. For us, as onlookers, that is where the story ends. But is it possible for



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Walking Back To Happiness

What walking can do for your health

During lockdown I was furloughed, and my husband John had to work from home. We decided to use the time it usually took us to commute (an hour each way) to walk. We'd never really walked as a form of exercise before...we'd never really taken any form of exercise before, so this was something new.

We worked out a route and as we were used to getting up at 6am to travel to our respective jobs and we decided that staying in that routine seemed sensible so we wouldn't be too out of sync on our return to work. The mornings were gradually becoming lighter at the start of lockdown so although we were heading out early it wasn't dark. We have walked for just over an hour every day for ten weeks and this is what we've discovered.

Walking trims your waistline - Both John and I had the start of middle age spread. Over ten weeks I've dropped a dress size and John has discovered he's wearing the trousers that prior to lockdown he'd been considering donating to charity.

Walking relieves arthritis pain - After four weeks John noticed that his arthritis pain seemed less. This seemed counterintuitive so I consulted the arthritis society website and discovered that walking is recommended because it does indeed help reduce inflammation and stiffness in your joints. The important thing to remember is to walk 'correctly'. Hold your head up; keep your neck, shoulders and back relaxed; swing your arms naturally, with a slightly bent elbow; tighten your stomach muscles a little to give yourself a supported core, and breathe deeply as you walk.

Walking improves your mental wellbeing - At the start of lockdown I think we both felt really anxious about all the uncertainty. As the weeks progressed, while we walked we discussed our worries and thrashed out solutions to some of the problems we faced or might face. I certainly began to feel in a better place mentally and as though I could cope better with life in general. Being outside, breathing in the fresh air and enjoying the sunshine definitely helped to clear some headspace each day.

Walking reduces blood pressure - John's blood pressure had been sneaking upwards and just



before lockdown our GP had been monitoring it with a view to him starting blood pressure medication. When it became clear that he wasn't going to be examined by a doctor for some time I was concerned enough to buy a home blood pressure monitor online. We tested it out to make sure the readings matched those of the clinic then forgot about it! After six weeks (on the date he was supposed to have been returning the GP) we tried it and discovered his blood pressure was just within normal range. By week ten it was well within the normal range. Mine too has dropped significantly.

Crucially throughout this period neither of us has felt like we were 'exercising'. Walking felt natural and easy. I know this article is anecdotal and personal but there is plenty of research to support exercise being almost as important as diet in controlling type-2 diabetes; that it helps with balance and co-ordination and so helps to prevent falls in older people, meaning they are more likely to stay out of hospital, which at the moment is even more important than usual, and finally that it helps boost the immune system which is important for obvious reasons right now.

We will definitely continue to fit walking into our day even when life returns to a more normal pattern.

By Jo Turner



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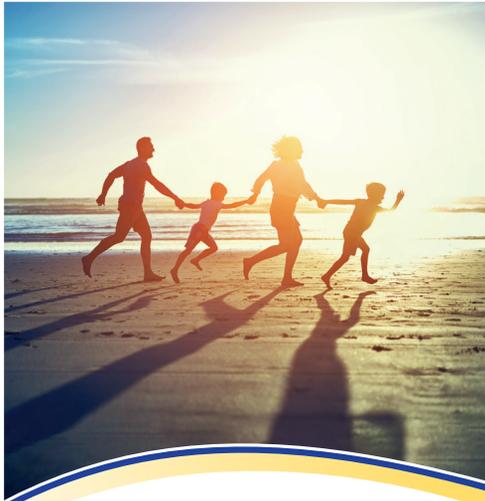
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For your peace of mind



Whilst we totally appreciate that the last few months have been very difficult for everyone, we feel like it just might be the time to start getting excited about **adventures you can plan for in 2021**, and put something in the diary to look forward to.

For some, a holiday close to home may be preferred. For others, something further afield. You may be considering a beach holiday, a city break or an ocean or river cruise, something more bespoke, "tailor-made" for you. No matter what you prefer, our door is "open for business" and we would love to have the opportunity to arrange your holiday for you.

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Recipe Idea

Perfect Coconut Ice Cream

Cool, creamy and delicious

Preparation time: 15 mins

Cooking time: 10 mins plus chilling and freezing time

Serves 6

Ingredients

1 x 400ml can coconut milk
150ml double cream
1 x 160g can coconut cream
50g golden caster sugar
4 large egg yolks
25g desiccated coconut, toasted

Method

Whisk the sugar and the egg yolks in a bowl until thick and creamy. Pour the coconut milk, double cream and coconut cream in a saucepan and heat until it almost reaches boiling point. Pour this coconut milk mixture in a slow stream over the egg yolks and sugar, whisking constantly.

Rinse out the saucepan (important to stop any burning and tainting of the ice cream) and return to a low heat. Pour in the custard mixture and stir in the desiccated

coconut. Continue to stir constantly for 5-10 mins until the custard thickens slightly and you can trace a line through it with a wooden spoon.



Pour into a bowl and cover the surface of the custard with cling film...to prevent a skin forming), allow to cool, then chill for 30 mins.

At this point you can use your ice cream maker according to the manufacturer's instructions.

If you don't have an ice cream maker transfer the chilled custard to a small freezer-safe container with a lid and freeze for 1 hr, then use a fork or electric whisk to really churn through the ice cream to break up the ice crystals so that the mixture is the same consistency all the way through. Pop it back into the freezer for another 2-3 hrs, whisking it about every half hour, then cover the surface with a sheet of cling film and freeze with the lid on until as firm as ice cream. Take out of the freezer 10 mins before serving so it's easy to scoop.



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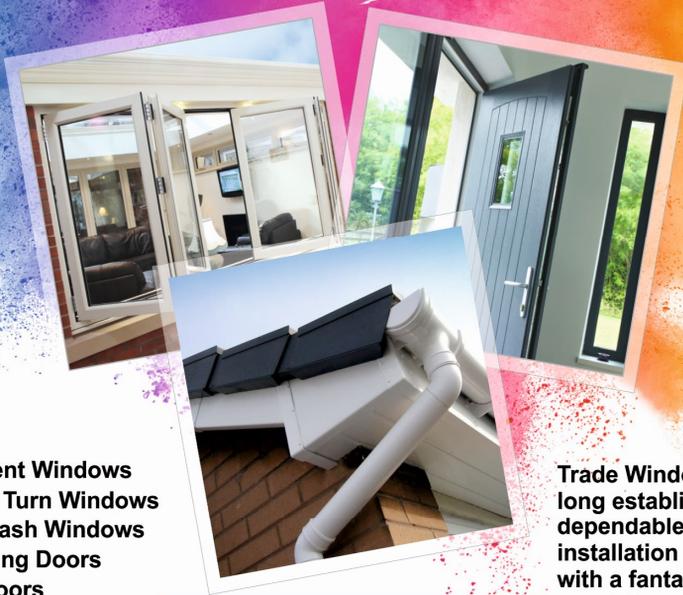
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What can I do when I'm feeling overwhelmed?

Try a breathing exercise

For example breathe in through your nose and out through your mouth. Try to keep your shoulders down and relaxed, and place your hand on your stomach – it should rise as you breathe in and fall as you breathe out.

Take a break

If it's possible, step away from what you are doing. You could read a book or a magazine, even if it's only for a few minutes.

Picture yourself somewhere you feel calm

Even if you can't physically get away, your imagination can transport you to somewhere you feel calm. Think of somewhere relaxing and peaceful. You might choose a memory of somewhere you've been, or a place you have imagined.

Listen to music

Really listen to the music. Can you hear a drum beat or a certain rhythm? Focus on the music, and let other thoughts fade away.

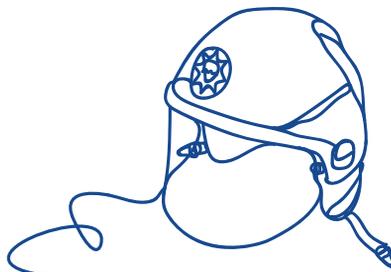
Try a grounding exercise

To reconnect you with your surroundings. Look for and find one thing you can see, one you can touch, one you can hear, one you can smell and one you can taste.

Stay safe

If your feelings become overwhelming, and you have suicidal thoughts or you think you may self harm, remember that you can pick up the phone at any time of night or day and talk to the Samaritans on their 24 hour Freephone helpline: 116 123.

You might also find that our information on How to cope with suicidal feelings is helpful.
mind.org.uk/suicidalfeelings



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24-hour emotional support for anyone struggling to cope.

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Email: jo@samaritans.org

Samaritans.org

The Mind Blue Light Infoline:

0300 303 5999

Lines are open 9am to 6pm,
Monday to Friday (except for bank holidays)

bluelightinfo@mind.org.uk

Text: 84999

Local services

Find your **Local Mind** and the services such as crisis helplines, drop-in centres, counselling and befriending they offer here mind.org.uk/localminds



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Helping my child return to School after Coronavirus

Top tips for parents and carers



Be prepared for returning to school

- Talk to your child about happy things that happened in school
- Keep in touch with school friends using technology e.g. Google duo, Zoom etc.
- Look at the school website or social media to keep updated
- Share pictures and snap shots of things you do during lockdown
- Share activities you have done suggested by school with friends
- Respond to the things that the school send home or share on social media with your child
- Walk past the school building, if it is close, on some of your walks
- Talk to the school about transition arrangements and social distancing
- Check if there are any virtual tours and video opportunities with the school
- Ask for photographs and information about your child's key person/class teacher to support conversations and build positive anticipation
- Discuss how additional support will be provided for children such as, those with special educational needs, education and health care plans or looked after children
- Re-establish routines around meal times, bed time etc. if necessary
- Share your concerns and expectations with the school
- Explore potential phased return with employers to reduce anxiety around expectations and possible phased return to school

Returning to School

- Talk to the school about your child's development during lockdown
- Talk to the school about the things your child has enjoyed the most during lockdown – their interests
- Share stories and games that you have played during lockdown to support continuity during transition
- Be aware of your own emotions so that you don't transmit your anxiety to your child
- Talk to the staff about your child settling in again, if their interests have changed and how they are feeling
- Follow your child's lead during the transition and respond to their emotions as they happen
- Expect the school to provide a curriculum of learning through play with a clear focus on personal, social and emotional development
- Be positive but be honest; don't dismiss your child's emotional behaviour, they are showing you how they feel
- Act on any concerns swiftly to minimise impact of adversity and maximise support available
- What is important to you and your child when they begin to return to school?

Paddling Pool Safety

With more of us staying at home this summer many of us will be tempted to buy paddling pools and bathing pools (if we're lucky enough to have a large enough space). Most parents are hypervigilant when near a hotel or campsite pool, but it's easy to become more complacent when we're at home in our own 'safe' environment.

It's possible for a young child to drown in just a few inches of water. That's why it's important not to overfill your paddling pool: 5-10cm of water is enough for lots of splashy toddler fun.

Just as you'd supervise a child while playing in a hotel pool or on the beach so it's important to supervise them while they are playing in a paddling pool. If you need to step away for a moment to answer the phone, switch the kettle on or check on dinner – be sure to take the kids out of the pool while you're away. It might be a bit of a faff but so much better to be safe not sorry.

I'm betting you check that baths are not too hot when you run them. How many of us check our pools are not too cold? Water from outdoor taps tends to be very chilly. Adding a kettle or two of boiling water to the pool to take the chill off before the kids use it is kinder to tiny bodies.

The area around your paddling pool tends to become very slippery very quickly. A couple of old towels for them to stand on as they climb out helps to prevent accidents.

If you're re-using a pool from previous years make sure you give it a thorough clean to get rid of cobwebs, bird and mouse droppings and general muck before filling it with water. Children ingest a surprising amount of paddling pool water and you really don't want any nasty tummy bugs. A tablespoon of bleach when cleaning and rinsing it AFTER use will help keep it spotless and safe.



Gardens are full of sharp things, like twigs and stones. To avoid puncturing the pool, or inflicting any nasty cuts and grazes, check it for sharp objects before filling and keep an eye out for new debris whilst the kids are leaping in and out. If you do spot a puncture, tear, or rip, you'll need to fix it before letting your kids play in it. Once filled with water a damaged pool can collapse or deflate depositing water and bathers all over the lawn!

The bright colours and sparkly water in paddling pools means they are a magnet for insects! You may need to fish a few out of the pool now and then. A small net, or an old sieve is great. It might also be a good idea to apply plenty of insect-repellent to your children to help ward off things that bite and sting!

Sun protection is important. Beachwear with a high SPF is perfect paddling pool attire. And don't forget to slather on lashings of high SPF waterproof sunscreen and keep reapplying throughout the day.

By Tracey Anderson



CRIMINALS WILL USE EVERY OPPORTUNITY THEY CAN TO DEFRAUD INNOCENT PEOPLE AND WILL CONTINUE TO EXPLOIT EVERY ANGLE OF THIS NATIONAL CRISIS. LANCASHIRE CONSTABULARY WANT PEOPLE TO BE PREPARED WHILST NOT TRYING TO SCARE PEOPLE WHO ARE UNDOUBTEDLY ALREADY ANXIOUS.

- **Stop:** Taking a moment to think before parting with your money or information could keep you safe.
- **Challenge:** Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- **Protect:** Contact your bank immediately if you think you've fallen victim to a scam and report it to Action Fraud.
- You can also report suspicious texts by forwarding the original message to 7726, which spells SPAM on your keypad.
- The police or your bank will never ask you to withdraw money or transfer it to a different account, and will never ask you to reveal your full banking password or PIN.
- Do not click on links or attachments in unexpected email or suspicious texts.
- Confirm requests are genuine by using a known number or email address to contact organisations directly.

The government have set up a website to report phishing to which is report@phishing.gov.uk



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Gail's Guide to Gin

I fell in love with gin when I went to a gin tasting event a few years ago. These events are a bit thin on the ground right now for social distancing reasons, so if you are gin-curious and wondering where to start I'm going to try to be your guide.

Gin is a flavoured alcohol, with juniper as the predominant botanical. Juniper is a fragrant shrub and its aroma and taste should be the signature note in any gin. Even the name 'gin' is derived from either the French *genièvre* or the Dutch *jenever*, which both mean juniper. You can add other botanical ingredients, but juniper should always be the primary one. There is actually a legal EU definition of gin: it must be a juniper-dominated spirit, with an agricultural origin and a 37.5% ABV.

This means that as well as the main botanical being juniper, the base alcohol must be made from something natural such as wheat, barley, rye, molasses, potatoes or grapes, and there must be at least 37.5% of pure alcohol in the total volume of liquid.

London Dry Gin - This doesn't have to be made in London, it can be made anywhere in the world but it's important to know that it's the highest-quality gin you can produce. It has to be made with all-natural ingredients (no artificial flavourings), high-quality alcohol and only contain 0.01g of sugar per litre of alcohol. Crucially you can't add any other flavourings after distillation. It's the purest form of gin and is a good place to start your gin journey. I would say No. 3 London Dry Gin is one of the best places to start your gin journey. It's won the world's best gin 4 times and is a beautiful smooth gin which won't disappoint.

Regular distilled gin - This is made in a similar way to London Dry Gin but may have flavourings, essences and sugar added to it after the distillation process.

Craft distillers have been producing more variety and exciting new flavours recently. Broadly there are herbal gins (less sweet), floral gins (light and fragrant), fruity gins (sweeter) and citrusy gins



(light and fresh). Look at the list of botanicals to see which appeal.

Geographical gin - Just as champagne has to come from a specific region in France so certain gins have to come from a particular geographical area. Mahón Gin can only come from Menorca, it's a sweeter style of gin which comes in various flavours, and Vilnius Gin from Lithuania, which is quite smooth and has a citrusy / pine flavour. The UK used to have a geographical gin - Plymouth gin - but it lost its protected status in 2014.

Sloe gin - is actually a gin liqueur. It contains more sugar and its ABV is between 20-25%, which is below the minimum requirement of a spirit.

Old Tom gins - An older style of gin. These gins are sweeter because in the 18th Century, when gin was also very popular sugar or honey was added to disguise bad-quality gin they used. Nowadays Old Tom Gins are made to a high standard and are the gin you would use in a Tom Collins cocktail, which should be made with soda water rather than tonic, because tonic would add too much sweetness to an already sweet alcohol.

By Kate Duggan

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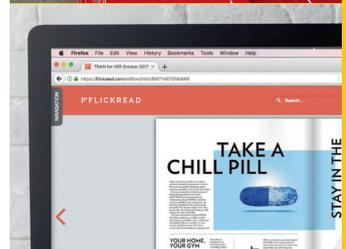


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Nabs Head / Samlesbury Walk - approx 5 miles (2hr 45mins)

This ramble takes place in some of the best countryside in the area but in certain parts it can be quite strenuous. Some of the footpaths are close to the river valley, so extra caution needs to be taken on these sections of the walk. Please wear appropriate clothing and footwear, keep to the paths and close gates behind you.

The walk starts from the Nabs Head Public House Car park on Nab's Head Lane. (PR5 0UQ)

- 1 From the car park turn right then right again onto Goosefoot Lane and proceed on roadway downhill for approximately 0.5 miles until you cross the river by a mill on the left. Continue on roadway uphill for a hundred metres until you see a path on left leading to a gate and a stile. Cross the stile into the open field, bear left to follow the path of the river on a worn track (observe a weir on your left), follow the track to a gate and stile sited slightly away from river and cross. At this point take the worn vehicle track to the right and climb the steepish track to the top.

At the top of the slope, cross the stile with gate and stone walls on either side, continue into the flat open field keeping the wall and the woodland next to you on left till you find a stile in corner at end of wall (at this point the views ahead are of Darwen Tower and to the right Hoghton Tower). Cross the stile, follow the old unkept wall moving away from woods and aim for the house ahead (this is a 17th century farmhouse called Bolton Hall). Continue on worn track to farm buildings.

At Bolton Hall Farm cross stile on left of the gate, proceed along the path, keeping the old buildings on your left, then cross another stile next to a gate and bear right down a well-made track.

- 2 Proceed along the track until you come to a T-junction (admire views over valley on your left on this track) with a road, turn left and follow the roadway downhill. At the end of the track turn left on to Valley Road, proceed downhill past the cottages. After the last building on left turn left and cross the footbridge over the river.
- 3 Follow the path over the stone stile next to the gate, continue ahead past the house and barn. Bear left over the stile into the field, continue straight ahead to meet river on your left. Follow the track up a gradient, ignore the paths that bear right away from river. Continue on the worn path uphill. (At this point be careful of severe drop down to river on your left).

As the path levels out at top of the hill, you will reach a gate. At this point, the field opens out on right. Turn right into field then left, keeping the tree line on your left.

Continue uphill keeping tree line close on left, (the tops of Hoghton Tower are now visible over valley) at exposed clay banking bear left, drop down on to a grassy path to small stream (conditions in this area can be very muddy). Cross the stream then proceed up the steep bank of steps then bear right at top to find stile in the stone wall. Cross the stile, navigate uphill across the field to the stone house in distance keeping hedge line on left as you approach house.

Find the gap at the end of the hedge line, go through it to a gate and stile ahead (magnificent views over Preston to the sea can be seen here). Cross the stile, follow the track in front of the house with a stone wall either side.

Bear left onto a well-made Tarmac path with the wall and house on your left and the field on your right, go through gateposts then turn immediately left onto the descending track between the two stone walls, continue on the stony uneven track into Alum House Wood.

- 4 As you descend, observe wooded valley below on your left (deer can be seen in these woods). Cross the stone bridge, with a high view of river, bear left following the track, go uphill till the path levels and meets a Tarmac road. Bear right on this road, continue for 0.5 miles until it meets a small road. Turn left, follow the roadway into Nabs Head Village, with Nabs Head Public House on your right at junction.

Please wear appropriate clothing and footwear; keep to the paths and close gates. Please keep dogs under control and clean up after them. Do not leave any litter.

Every effort has been made to ensure accuracy in preparing the walks - the publisher or its editorial contributors cannot accept any liability and people using the route do so at their own risk.



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